

For more information,
please call Community &
Preventive Care Services:

- Wellness Education
Specialist (608) 775-6861

GUNDERSEN
HEALTH SYSTEM®

Gundersen Lutheran Medical Center, Inc.
Gundersen Clinic, Ltd.
1900 South Avenue, La Crosse, WI 54601
(608) 782-7300 or (800) 362-9567
gundersenhealth.org

1682-5_0716

DESTRESS

A four-week stress management series

GUNDERSEN
HEALTH SYSTEM®

Where Caring Meets Excellence

Why is stress management important?

Managing stress in our lives helps us live well and stay healthy. But most of us haven't been taught to cope with stress in positive ways.

Learning to deal effectively with stress related to our health, work, family, society or ourselves will help us lead healthier, happier lives.

How can De-Stress help?

Gundersen Health System's De-Stress program can help you learn to better manage your health and life.

In De-Stress, you will learn:

- How to identify stressful life situations and handle their effects.
- How to teach your body to deeply relax and recover from daily stress.
- How to respond more skillfully to difficult changes in your life.

De-Stress is designed as a resource tool for managing life's everyday stressors. Many individuals, after they have learned how to cope with life's stressors, report a feeling of increased energy, a sense of clarity, greater enthusiasm for life and increased self-esteem.

Who may attend De-Stress?

This program is appropriate for anyone wanting to learn prevention techniques for stress management.

What can I expect?

De-Stress consists of learning and practicing stress reduction skills, relaxation and gentle exercises. It also includes lectures and group discussion.

If you are thinking about taking the series, please be prepared to attend all classes and complete all homework. In order to make positive changes, you must devote some time and energy each day to seeing your life as it is now.

The series meets for one hour each week for four weeks. You also need to practice skills at home each day during the four weeks. The number of participants is limited.

Participants vary in age, physical ability level, and specific reasons for attending. There is no required physical ability level.

How do I register for De-Stress?

You may register by calling (608) 775-6861 or toll-free (800) 362-9567, ext. 56861.

What is the cost of the program?

The De-Stress program fee is \$100, including all materials. A 20% discount is provided to Gundersen employees, family members and retirees.

Payment is required in full before the start of the program. Payment by cash, check, VISA or MasterCard is accepted.

Please provide the following demographic information:

Gender: Male Female
Age: 18-30 31-40 41-50
 51-60 61-70 71 and over

How much of your healthcare is conducted at Gundersen Health System or its affiliates?
 All Some None

In an average week, how many times do you engage in physical activity?
 less than once 1-2 times 3 times

Please complete all the information below.

Name: _____

Address: _____

City _____ State _____ Zip _____

Phone: _____ Date: _____

Employer: _____

Department: _____

Mail Stop (Gundersen employees only): _____

Email _____

Where do you prefer to be contacted?

work home other: _____

Best time to contact you is: _____

Fee:

\$100 paid in full (includes all materials)
 \$80 Gundersen employees, family members and retirees

Payment Method:

Please use check or credit card if mailing payment.

Cash Check # _____

VISA MasterCard

Account # _____

Exp. date ____/____ Total amount: \$ _____

Please return to:

Christie Harris
Community & Preventive Care Services
NCA1-04

Gundersen Health System
1900 South Avenue
La Crosse, WI 54601

E-mail: clharris@gundersenhealth.org

Phone: (608) 775-6861 or (800) 362-9567, ext. 56861